



# Grant County Health Dept

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[www.co.grant.wi.gov](http://www.co.grant.wi.gov)  
(608) 723-6416

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## Sun Safety

The sun's ultraviolet (UV) rays can damage your skin in as little as 15 minutes. Below are some suggestions to help protect yourself and your family from the sun.

### Use the Shade

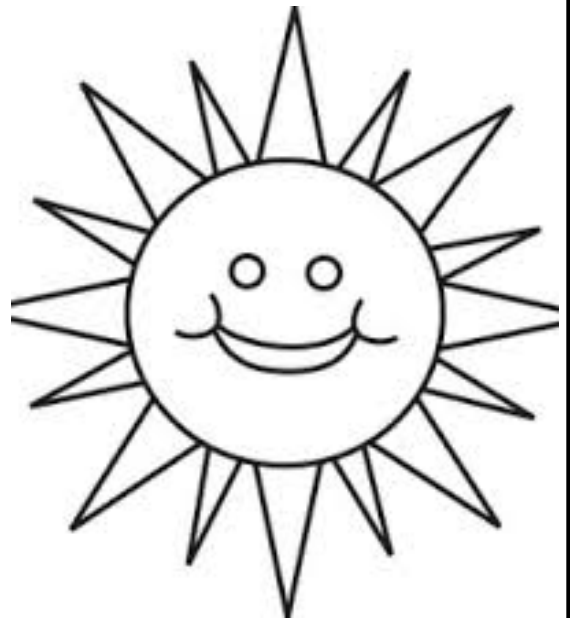
Seek shade under an umbrella, tree, or other shelter before you need relief from the sun. Your best bet to protect your skin is to use sunscreen or wear protective clothing when you're outside—even when you're in the shade.

### Wear a Hat

The best protection is to wear a hat with a brim all the way around that shades your face, ears, and the back of your neck. If you or your child chooses a baseball cap, be sure to protect exposed areas with sunscreen.

### Wear Sunglasses

Sunglasses protect your eyes from UV rays and reduce the risk of cataracts. Choose sunglasses that block both UVA and UVB rays. Wrap-around sunglasses work best because they block UV rays from sneaking in from the side.



### Use Sunscreen

- ☀ Use a broad spectrum sunscreen with at least SPF 30
- ☀ Put sunscreen on 30 minutes before going out in the sun.
- ☀ Use one ounce, about the amount of sunscreen that fits into your palm, to cover your entire body
- ☀ Put it on again if you stay out in the sun for more than two hours and after swimming, sweating, or toweling off.
- ☀ Check the sunscreen's expiration date. If no expiration date is listed, sunscreen is good for about 3 years, although exposure to heat may reduce the time sunscreen is effective.

*The mission of the Grant County Health Department is to promote the health and wellness of ALL residents of Grant County.*

## Websites

- ▶ Visit the Grant County website at [www.co.grant.wi.gov](http://www.co.grant.wi.gov) for more information on Grant County services.
- ▶ Visit the Wisconsin Immunization Registry (WIR) website [www.dhswir.org](http://www.dhswir.org) for information on your immunizations.
- ▶ Visit [www.grantcountyhospice.com](http://www.grantcountyhospice.com) for information on the Hospice Program.

## Check out the Farmers Market!

Shopping at a farmers market is a great way to get fresh, seasonal, locally grown fruits and vegetables. The market can seem overwhelming at first, but here are a few tips to make sure your trips are successful and fun.

**BYO BAG!** - Bring a couple of durable, reusable bags to carry all of your delicious farm-fresh fruits and vegetables. You can also bring storage containers for the more delicate fruits and vegetables.

**Don't let the crowd's overwhelm you**—Farmers markets can get crowded and busy. Be patient, and take your time checking out each vendor's produce. Stop at each vendor's stand and compare prices before making a purchase. For the best selection, go to the farmers market early.

**Talk to the growers**—Try the samples, especially if they are something new. If something is unfamiliar, ask the growers how it tastes and how they like to prepare it.

Brought to you by Donna Peterson, Nutrition Educator and Coordinator in Grant and Iowa County with UW-Extension. (phone: 608-930-9856).

**UW**  
**Extension**

## WIC & Health Check Clinics

*(Immunizations given at all these clinics)*

**Jun 4th**—Boscobel United Methodist Church—9:30am to 3:30pm

**Jun 5th**—Fennimore United Methodist Church 9:00am to 3:30pm

**Jun 6th**—Platteville Lutheran Church Of Peace 9:00am to 3:30pm

**Jun 11th**—Cuba City St Rose Mazzuchelli Hall 9:30am to 3:30pm

**Jun 19th**—Late Lancaster Schreiner Memorial Library 12:00pm to 6:30pm

**Jun 20th**—Platteville Lutheran Church of Peace 9:00am to 3:30pm

**Jul 9th**—Boscobel United Methodist Church 9:30am to 3:30pm

**Jul 10th**—Fennimore United Methodist Church 9:00am to 3:30pm

**Jul 17th**—Late Boscobel Tuffley Center 2:00pm to 6:30pm

**Reminder:** Grant County Rural Safety day is Tuesday, June 18th. Call the Grant County Health Department at 723.6416 for more information.



Grant County Health Dept will be closed on May 27th & July 4th

## Food Waste

Food waste is anything from uneaten food and leftovers to spoiled produce that ends up in the trash. A study in 2012 states 31% to 40% of our food is thrown away after it's harvested. If we were able to recover all of our wasted food, we could provide a 2,000 calorie diet to 84% of the population.

Reducing food waste can save you money from buying less food. Limiting food waste is also better for the environment. Methane emissions from landfills are reduced and energy is conserved.

Increasing awareness of this problem is necessary to change behavior. There are steps you can take to reduce your food waste.

- Plan your meals for the week before you go shopping and buy only the ingredients needed for those meals.
- Cook or eat what you have at home before buying more.
- Freeze foods that you know you won't eat in time.
- Save time and money by preparing and freezing meals ahead of time.
- Think of alternative uses for foods past their prime, like making croutons out of stale bread or smoothies out of over ripe fruits.
- Divert food waste from landfills, by composting food scraps instead of throwing them away or donating untouched and safe foods.

If interested in learning more, check out Anthony Bourdain's documentary *Wasted!: The Story of Food Waste*.

Source: Environmental Protection Agency [www.epa.gov](http://www.epa.gov); USA Today 05/16/2017 article *Here's how many people America's wasted food could feed*, [www.usatoday.com](http://www.usatoday.com)

## Reduce, Reuse, Recycle

Improving the environment starts with small steps like recycling. Recycling is collecting and processing materials then turning them into new products, instead of throwing them away as trash. It is estimated the average American generates **4.4 pounds of trash** per day. **250 million tons of trash** is generated by the United States every year!

Why Recycle?

- It conserves natural resources like timber, water, and minerals.
- Waste sent to landfills is reduced.
- It helps sustain the environment for future generations.
- Jobs are created in the recycling and manufacturing industries.
- Pollution is reduced because fewer new raw materials need to be collected.



The items that can be recycled depend on the recycling center. Most municipalities, townships, and recycling centers have recycling information available.

[www.berecycled.org](http://www.berecycled.org) is a fun and interactive website to visit to learn how to recycle and discover what the recyclables are turned into.

Source: Environmental Protection Agency [www.epa.gov](http://www.epa.gov); [www.berecycled.org](http://www.berecycled.org)

### DID YOU KNOW:

**Wisconsin's** dairy farms lead the United **States** in the production of milk, **cheese**, and butter, providing 40% of the nation's **cheese** and 20% of its butter. Picturesque farms, sun-dappled fields, contented cows... **Wisconsin** is also a leader in the manufacture of machinery and produces more paper than any other **state**. *Source: State of Wisconsin website*

# State Health Department Launches Campaign to Get More Wisconsin Children Immunized

The Wisconsin Department of Health Services (DHS) announced the launch of a statewide campaign to encourage parents to get their children immunized. The campaign includes advertisements on radio, the web, and social media platforms, and is targeted to parents of children 0-3 years old, and pregnant women who are making decisions about immunizing their babies.

"Immunizations are safe and effective and not only protect the child, but the people around that child, too," said Jeanne Ayers, State Public Health Officer. "While measles is on everyone's mind with outbreaks across the country, it's important for parents to know immunizations protect children from 14 serious illnesses, some that could be deadly."

In 2018, the statewide vaccination rate for children 0-24 months was 72.14% for the series of vaccines that include protection against diphtheria, tetanus, polio, measles, mumps, *Haemophilus Influenzae* Type b, Hepatitis B, Varicella (Chicken Pox), and pneumococcal bacterial infections.

"Doctors and nurses are great partners in educating parents about immunizations and the doses necessary to maintain health. Parents should always ask their doctors any questions they have about the immunizations their child needs, the number of doses needed, and address any concerns they might have," Ayers said.

Source: Wisconsin Department of Health website



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